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## Billy Bragg at opening of bridge linking boroughs



LIKENESS: Billy Bragg unveils the sculpture in his image

A BRIDGE that links Havering with Barking and Dagenham has been officially opened.

Bretons Bridge represents a link between the two boroughs over the River Beam.

The £385,000 project is part of the Greenways programme set up by TfL, which supports walking and cycling routes across the capital.

Barking-born musician Billy Bragg also unveiled a sculpture of himself at the bridge, one of three that were voted for by residents.

Another represents women from the 1968 Ford sewing machinists' strike in Dagenham, which led to the Equal Pay Act. It was unveiled by former machinists Vera

Sime and Eileen Pullen.

The third sculpture honoured Elm Park soldier WO2 Ian Fisher, 3rd Battalion the Mercian Regiment, who lost his life serving in Afghanistan in 2013.

His widow Emma and sons William and James were there to reveal the figure.

Paths running through the bridge connecting Dagenham and the Ingrebourne Valley have also been improved after £325,000 was allocated from the Mayor of London's Big Green Fund.

Matthew Pencharz, deputy mayor of London for environment and energy, said: "It's important for everyone to have easy access to clean, green open space in the capital and I

am thrilled that this scheme, which links Havering with Barking and Dagenham, will deliver great environmental benefits and help communities connect."

The opening was also attended by representatives from the two councils, including Cllr Melvin Wallace, Havering's cabinet member for culture and community engagement, and Cllr Darren Rodwell, leader of Barking and Dagenham Council.

Cllr Wallace said: "This bridge will certainly make it easier for people to get around the park, whether that's on foot or by bike. I'm delighted that everyone has come together to deliver this successful project to benefit both boroughs."

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# CONMEN PREY ON OAPS

WARNINGS have been issued by Waltham Forest trading standards after a pensioner almost signed over his home to conmen.

The council service reported an incident where an elderly man received a visit from two men claiming to be working at the property next door.

They insisted they were investigating a problem with damp they believed was coming from his property.

As a result the victim agreed to have some work done, at

**By Matthew Stanton**

waltham@yellowad.co.uk

"Don't be taken in by flashy brochures or professional looking invoices. Rogues will often use this as part of their pitch to make you think you are dealing with professionals."

"Ultimately, if you feel threatened in any way, call the police immediately and report any rogue traders to trading standards for further investigation."

The pensioner spoke to a neighbour who saw through the scam and contacted police.

The conman phoned the resident and asked if he had told anyone

about the scheme. When he said he had discussed the matter with someone, the suspect advised that the scheme was no longer available.

Anyone reporting an issue to Waltham Forest Council's trading standards service can contact 020 8496 3000 or email wfdirect@walthamforest.gov.uk.

● DETECTIVES have appealed for information after two men posed as plumbers and attempted to rob a pensioner in her own home.

Waltham Forest Police are looking for witnesses following an incident in Lytton Road, Leytonstone, at 5.40pm on Thursday, October 8.

Officers' report that two men knocked on door of the 81-year-old

and pretended to be from a drainage company. However, they both fled after tampering and activating the burglar alarm.

The woman was not harmed during the incident and no property was stolen.

One suspect is white and aged in his 40s. He was wearing dark clothes with a badge with BERGOF written on it.

The second is also white and aged in his 50s.

Anyone with information is asked to call DC James Bartrum at Waltham Forest CID on 101, quoting reference 4920685/15.

Alternately, call Crimestoppers anonymously on 0800 555 111.

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Recycled paper made up 80.3 per cent of the raw material for UK newspapers in 2005.

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**COMPETITION**

# Tickets to clothes show up for grabs

THE Clothes Show, in association with ALCATEL ONETOUCH, returns to the NEC Birmingham from December 4-8, and we have 20 pairs of tickets to give away.

With more than 350 leading fashion and beauty brands, catwalk shows, makeovers, manicures, beauty demonstrations and style advice, this year's show will offer an all-new fashion experience.

Whether you are looking to update your wardrobe or fuel inspiration for a career in fashion, prepare to immerse yourself in the world's largest fashion festival. Stroll down its new Boutique Boulevard and visit pop-up stores such as Sugarhill Boutique, Playful Promises and Mink Pink, and head to the Designer Outlet for must-have brands with discounted price tags.

Check out hair and beauty products from brands including Rimmel, Elemis, Ciate, Lee Stafford, THX Total Hair Experts and The Beauty Store, and head to The Image Catwalk, presented by fashion guru Antonia O'Brien. Fashion journalist and industry favourite, Hilary Alexander OBE, will also be hosting the Olympus Pen Style Studio, where she will be joined by The Clothes Show legend, Caryn Franklin MBE. Every



ticket to the show includes a seat in the ALCATEL ONETOUCH Fashion Theatre for a high-energy spectacle of fashion, music and dance, and the chance to see some familiar faces including broadcaster and writer Rick Edwards, television's Jamie Laing and Radio 1 presenters Alice Levine and Gemma Cairney.

Join the celebrities in the THX Total Hair Experts Paparazzi Pen in associa-

tion with Capital FM and NOW, for the chance to snap that perfect celeb selfie, and don't miss entertainment from Charli XCX, Rae Morris and Ella Eyre. It's then time to sit back and relax in The Lambrini Cocktail Bar, or head to the Saks Pamper Lounge for a luxury blow dry or manicure. For further information and tickets visit [www.clothesshow.com](http://www.clothesshow.com)

For your chance to win one of 20 pairs

of tickets to The Clothes Show, valid on Friday, December 4, 2015, just answer the following question.

**Q: The Clothes Show takes place at the NEC Birmingham during which month?**

**A: October B: November C: December**  
To enter the competition telephone your answer - A, B or C - to 0901 307 0206 along with your name, address, telephone number and email.

Alternatively text YACLOTHES (space) followed by A, B or C, and your name, full address and email to 63333. Calls cost 50p plus your phone company's access charge. Calls from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Thursday, November 5, 2015. Entries received after the closing date will not be counted but may still be charged.

Service Provider: JMedia UK Limited, SW4 7BX. Tel: 0207 720 7130.

Tickets are valid for Friday, December 4, 2015 only. Travel to and from the NEC Birmingham is not included.

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## NEWS



CHARITY: Hair and beauty students 'Wear it Pink' at a cake stall at the Technical Skills Academy in Barking

## Students in the pink to raise money for battle against breast cancer

COLLEGE students have worn pink for charity.

Young people from the Technical Skills Academy in Barking held a Wear it Pink Day on Friday last week.

Hundreds of pounds was raised for breast cancer charities and the final total is still being counted.

# Poppy Day services

By Matthew Stanton

[barking@yellowad.co.uk](mailto:barking@yellowad.co.uk)

BARKING and Dagenham is to remember the country's war heroes.

Veterans will join residents, councillors and MPs at events across the borough to commemorate fallen servicemen and women on Remembrance Sunday (November 8).

There will be a parade at the Job Drain Statue, outside The Broadway theatre, Barking, following a service at St Margaret's Church.

The Dagenham Branch of the Royal British Legion will hold a short service at the war memorial on the corner of Heathway and Church Elm Lane on Saturday, November 7.

Councillor Darren Rodwell, leader of the council, said: "Thousands of men and women from Barking and Dagenham have fought and died in both world wars and subsequent conflicts



REMEMBRANCE: Services will be held across Barking and Dagenham

to preserve the freedoms we all enjoy today.

"It falls on all of us to remember them and to ensure they did not die in vain."

For more information about services visit [www.lbld.gov.uk](http://www.lbld.gov.uk).

Some of the Remembrance events include:

Saturday, November 7: Dagenham Royal British Legion holds a service at the war memorial on the corner of Heathway and Church Elm Lane at 11am.

Sunday, November 8: Wreaths will be laid at the war memorial in Barking Park at 10am. St Margaret's Church has a service at 10.30am followed by a march past at the Job Drain Statue, outside The Broadway theatre. Dagenham Village Church holds a service at 10.15am at Dagenham Royal British Legion in Rector Road and Becontree Royal British Legion holds a service at 3pm at the Royal British Legion, in Becontree Avenue, Dagenham.

Wednesday, November 11: Dagenham British Legion holds a short service at the war memorial at Dagenham Village, Church Street, Dagenham, at 11am and Barking Royal British Legion holds a short service at the Job Drain Memorial Statue in Barking also at 11am.

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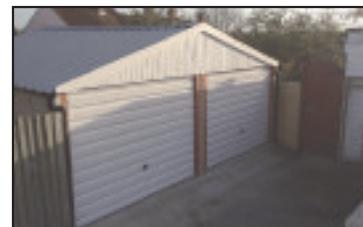
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# Students learn skills to help them get a job

By Michael Cox

[havering@yellowad.co.uk](mailto:havering@yellowad.co.uk)

An EMPLOYABILITY programme has been launched with the help of business leaders at Barking and Dagenham College.

The Employability Workshop Programme is aimed at helping students to develop skills to make them more employable.

It will contain guest speakers from across the business industry, covering areas such as CV writing, job applications and interview skills.

The annual programme is being co-delivered by Josephine O'Connor, Business & Community Investment Manager at VINCI Facilities based in Rainham, and Chris Sutton, CEO at Romford-based communications provider Tardis Plc.

Josephine said: "Students shouldn't sail through college in the false belief that they will walk into work. They have to earn it and this is what the new programme of 'work readiness' is all about."

"Barking & Dagenham College is a wonderful col-



BUSINESS LEADERS: Chris Sutton (far left) and Josephine O'Connor (third from left) are joined by college staff and students

lege for students hungry to learn and progress and we will continue to commit to their services and their students for many years."

Monika Calkute, studying

for a BTEC subsidiary diploma in construction, said: "I did not have a CV before attending the workshop. I feel I now have the skills to create one from scratch, with

support from my tutors and family. I already have a part-time job, but I will be using interview tips from the workshop when I apply for future jobs."



Maria Thompson and Junior Ogunyemi congratulate Milan Conhye, Haivering College Student of the Year 2015

## Celebrating success

HAVERING College has celebrated the achievements of its students at an annual awards ceremony.

The ceremony, which took place at Queen's Theatre in Hornchurch, highlighted the success of students who have completed their studies at the college and are set to move on to further study or start their careers.

Haivering College principal Maria Thompson said: "This is a very special event in our college calendar where we recognise and celebrate the success of our students, some of whom have overcome some very challenging circumstances

in order to achieve their qualifications. This is the college's chance to say a very big 'well done' to them all".

Junior Ogunyemi, a social entrepreneur who coaches and encourages people to become entrepreneurs, was the guest of honour at the awards.

In a presentation, he encouraged the students to "let the world see how amazing you are".

He added: "You have achieved a lot, but you now need to keep moving forward and achieve more. Prepare yourselves now for the people you want to be and what you want to achieve in the future."

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail [letters@yellowad.co.uk](mailto:letters@yellowad.co.uk)



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**SUCCESS:** Meer Rasheed Ahnaf with *Mystery of the Supernaturals*  
Photo by Martin Dalton

## Schoolboy author saving planet from 'supernaturals'

A SCHOOLBOY aged 12 has unveiled his first novel – about supernatural beings.

Meer Rasheed Ahnaf, from Ilford County High School, launched *Mystery of the Supernaturals* at Forest Academy, in Harbouer Road, Hainault.

The year 8 pupil wrote the book when he was sitting exams.

Paula Saffer, learning resource centre manager, said: "The book is full of escapism and imagination and takes the reader to almost every corner of the planet."

"We are delighted with Rasheed's success and

we hope that he will inspire his friends to have a go at story writing. This is a fantastic achievement and we wish him every future success. We await his second novel with interest."

Meer was inspired to write the novel, which has been published by Olympia after attending English lessons at Forest Academy while he was at primary school.

The book's storyline follows evil supernaturals who rule the Earth and Meer who attempts to save the planet.

The book is available on Amazon, eBay and in the school's learning resource centre.

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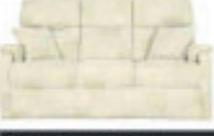


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# 'I lost on dating show but still won my man'

By Annie Gillman

waltham@yellowad.co.uk

A WEIGHT loss therapist has spoken of her 'luck in love' after appearing as a contestant on a reality dating show.

Lucy Fox, of Parkway, Woodford Green, was not picked in ITV's 'When Do You Get Off?', which was screened last Wednesday, but still bagged the main prize, Dean Nagib.

After finding her on Facebook later, the 31-year-old soon whisked Lucy away to spend her birthday in Greece.

Lucy, 24, who is now studying for a Primary Education degree at



LOVED UP: Lucy Fox and Dean Nagib met each other on ITV's 'When Do You Get Off'

the University of Greenwich, entered the show after failing to enjoy much luck on the dating

scene. But despite not being picked by Dean during show, the former West Hatch High school student left an impression on him and he soon tracked her down.

Lucy said: "I consider myself to be very driven and ambitious but it was hard to find the same characteristics in men – until I met Dean.

"The show was good fun. I would 100 per cent do it again, I would recommend it to everyone.

"A lot of people have asked me about a possible wedding but I think it's too soon. You never know the future."

The show follows one singleton as they meet four potential

romances in their workplace in a bid to finally find true love. After two days working and dating on the job, a decision must be made of the best suitor, followed by a date when they get off work.

Lucy, who works for weight loss firm Hypoxi UK, claims all her friends and family have been supportive of her relationship with Dean. The relationship had to be kept quiet until the show was first aired, with only relatives and close friends of the happy couple allowed to know ahead of broadcasting last week.

Follow Lucy on Twitter on @ljfoxy or catch 'When Do You Get Off' every Wednesday at 8pm.

AMATEUR actors are to perform a comedy about one woman's wedding day.

Woodhouse Players is showcasing 'Five Women Wearing the Same Dress' at the Welsh Church Hall, in High Road, Leytonstone, on Friday, October 30, from 8pm and on Saturday, October 31, from 2.30pm and 8pm.

'Five Women Wearing the Same Dress' covers the story of Tracy and her wedding day.

However, five bridesmaids are hiding out in an upstairs bedroom, each with their own reasons for avoiding the proceedings below.

Tickets for the shows cost £8 or £5 for concessions.

For more information visit <http://www.woodhouseplayers.co.uk/booking.html>.

## Theatrical wedding with a twist



FUN: The cast of Five Women Wearing the Same Dress.

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ADVICE: Community champions with their certificates

## Community champions recognised

COMMUNITY champions have been awarded for their service to the borough.

Barking and Dagenham Council presented volunteers with certificates at a ceremony at Barking Town Hall.

There are currently over 80 community champions – volunteers who help residents with advice on a range of services – across the borough.

Councillor Darren Rodwell, leader of the council, said: "Our community champions promote a stronger community and are a great example of civic pride, giving of their time and doing their part to help others.

"Their selfless efforts make it easy for residents who need help and support to be able to get help and advice at a site not far from home. I am really proud of them all."

Residents can check for their nearest checkpoint at [www.lbbd.gov.uk](http://www.lbbd.gov.uk).

## New boiler for Scouts

A SCOUT group based in Hornchurch will stay open after a boiler was donated for free by a plumbing business.

The water heater broke down at Brooks Hall in Harrow Avenue, the base of the 6th Squirrels Heath scouts, a few weeks ago according to leader of the group Stanley Little. Stanley, who has led the group for the last eight years, said that it would have had to close until the boiler was replaced.

And when Sam Lewin, co-owner of Rose-Tec, heard about Stanley's story he was determined to offer his help.

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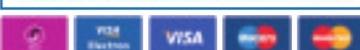
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GOOD CAUSE: Family fun during the pumpkin plod



## Smashing pumpkin plod raises cash for hospice

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MORE than 100 people have taken part in a fun-filled pumpkin plod.

Residents wore orange as they walked 2km, 5km or 10km for Haven House children's hospice, in Woodford Green, on Sunday.

The event included dance sessions from Britain's Got Talent finalists, IMD Legion.

Culinary highlights served in the hospice grounds included Indian cuisine from The Voujon restaurant in Chingford.

Mike Palfreman, chief executive of Haven House, said: "It was great to see so many pumpkins plodding through Epping Forest and raising much-needed funds for local life-limited children and their families."

"We could not have put on this event without our volunteers and the support of so many people in our community."

"I would particularly like to thank our sponsors Holly House, The Voujon, Tesco Woodford Green and all other supporters for their generosity."

Haven House's Henry the Hound and Leyton Orient Football Club's mascot, Theo, also made an appearance.

All pictures taken by our award-winning photographers are available to buy online. Visit [www.yellowad.co.uk](http://www.yellowad.co.uk), click on the 'Buy Photos' link

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# I Walk the Line



**YA** deputy editor and author Stephen Neale enjoys countryside walks from stops on the c2c line



**WALK 5: West Horndon Station/Jury Hill**  
**START/FINISH POINT:** (51.568054, 0.34013300)  
**DISTANCE:** 7.8 miles  
**TIME:** 2-4 hrs  
**TERRAIN:** Easy Climb

**HISTORY:** The Pigeon Mount, a few hundred metres east of Jury Hill; a man-made mound that was found in 1995 to have an octagonal foundation (51.583423, 0.34011483)

## The land of the giants

**H**ornbeams are the giants of Essex. Living dinosaurs that survived the destruction of the greatest woodlands that ever existed; right here, in Essex.

Trees nurture in death as much as in life. Around Jury Hill, their carcasses are nature's skyscrapers. Bugs, birds and rodents squat in their derelict shells.

There's not much to concern the rambler in these parts, although navigating the deafening A127 from West Horndon Station to Brentwood can be hazardous.

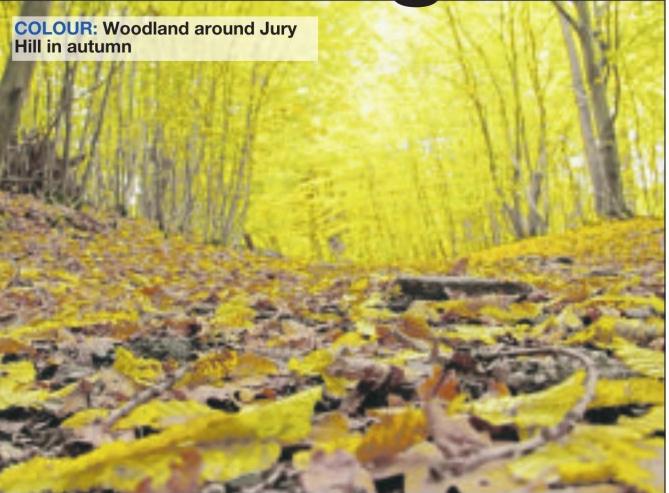
Signs encourage motorists to be wary of pedestrians. I saw no slowing as I stepped across. Risk and reward.

The climb up Jury Hill is gentle. From on top, the A127 is the same river of fumes and speeding metal.

It still cuts across the landscape like a violent criminal. But it doesn't dominate as you'd expect it might from down there.

The road passes in silence; its frightening rattle and hum smothered by the blanket of green and clean air.

On the other side of the valley, are Jury Hill's more impressive sisters, Langdon Hills, beside the River Thames. These vertical tracks once



**COLOUR:** Woodland around Jury Hill in autumn

connected the Thames to Brentwood, before panning north towards Old England's most important settlement: Colchester.

As it was a dull afternoon on Thursday, I spent most of it walking and taking photos of hornbeams. That's why we like trees so much, I

think. Beautiful, even in the death. Nothing is more inspiring than standing on the shoulders of giants. Especially in autumn.

• Stephen Neale is an award winning, outdoor writer, and author of *Wild Camping*, published by Bloomsbury.

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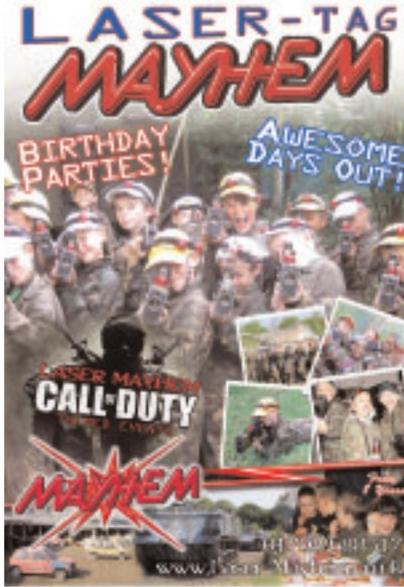
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# what's on

snooker, 50p per session.

■ Live Blues Jam – Coach and Horses, 391 High Road, Leyton, guests, regulars and house band, £2 listeners, £1 musicians, all welcome, singers and drummers especially, 8.30-11.30pm, 020 8502 0351.

■ Ilford No. 1 Senior Citizens Club – Royal British Legion, Durban Road, Seven Kings, 12.30-3pm, call Eddie 020 8551 5079.

■ Social Club – Wanstead House, The Green, E11, quizzes, table tennis, card games, talks, scrabble, 8.30-10.30pm, 020 8514 8046.

■ Bingo – Royal British Legion Club, 31 Dunton Road, Leyton, 7.30-10pm.  
■ Clairvoyance – Little Ilford Christian Spiritualist Church, Third Avenue, Manor Park, spiritual healing 12.30-1.45pm, services with clairvoyance 2pm and 7.30pm, donations accepted. 020 8514 4030.

## Thursday, November 5

■ Keep Fit for over-50s – Debden Park Community Association Hall, Willingale Road, 10.30am, 020 8508 3346.

■ Weekly 'drop-in' – friendly people who just want an afternoon of company, St Andrew's Church, Church Road, E17 6AR, 2-4pm.  
■ Circle Dancing to World Music – Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4, beginners welcome, no partner needed, Pat 020 8556 3508.

■ Ilford Centre Townswomen's Guild, St Albans Church Hall, Albert Road, Ilford, 2-4pm.  
■ Wanstead Rotary Club – County Hotel, South Woodford, 1-2.15pm, call David 020 8989 2701.

■ Barking and Dagenham Friendship Club – Methodist Church, London Road, Barking, 2-4pm, £1.50, for people who had a bad loss. 020 8594 6409.  
■ Rehearsals – Woodford Symphony Orchestra, 020 8504 7783.  
■ Dagenham Camera Club – Wantz Library, Rainham Road North, 8-10pm, 020 8252 2934.

■ Forest Creative Writers Group – Jazz Archive Room, Loughton Library, Traps Hill, Loughton, 12.45-2.45pm,

■ Friends Club – St Cedd's Church Hall, Blythewood Road, Seven Kings (opposite Homebase), 50p per session.

■ Social Meeting – Redbridge Stroke Club, Loxford Youth Centre, 2-4pm, enquiries 020 8220 5878.

■ Loughton Astronomical Society – Theydon Bois Scout Hall, Loughton Lane, Theydon Bois, 8pm, anyone interested in astronomy welcome.

## Monday, November 2

■ Short Mat Bowls – Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, 7pm, details Tony or Heather 01708 340874.  
■ Music Listening Appreciation Group – Rectory Library, Rectory Road, Dagenham, 7pm, admission free, 020 8592 8821.

■ Rehearsals – Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, 7.45-9.15pm, new members welcome, 020 8551 9895.

■ Rehearsal – The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite underground station), 7.15pm, new members welcome, 020 8505 4329.

■ Forest Highlanders Pipes and Drums – St Cedd's Church, Seven Kings, 8pm.

■ Bingo – Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, 1.30pm.

■ Multi-denominational healing – Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barkingside, IG6 1PS (next to car park, Fullwell Cross roundabout), 7-9pm, no charge, 07971 536581/556490 07821 969405.

■ Yoga Classes – The Peterhouse Centre, Walthamstow, 1-3pm and Tiptree Community Hall, Barkingside, 7.30-9.30pm, call Kay Russell 020 8554 7168.

## Tuesday, November 3

■ Stroke Club – Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, 1.30-4pm, 020 8595 3973.

■ Coffee Shop – Eastern Avenue Baptist Church, East Road, Chadwell Heath, 10am, games, videos, friendship, all welcome, 020 8599 1479.

■ One Day Painting – print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW, £24, 020 8504 6688.

■ Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).

■ Sunday Service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm, 07974 108350.

■ Sunday Services – Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

■ Sunday Services – Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.

■ Learn to Dance Modern Jive – Hainault Forest Community Centre, 7-10.30pm, 07768 005858.

## Sunday, November 1

■ West Essex Ramblers – meet 10am at the road by Epping Station, 10-mile walk, 020 8502 1628.

■ Ilford & District C.H.A Rambling Club – morning walk and street festival, meet 10.30am at The Cutty Sark DLR station, Three-mile walk, 020 8926 4593.

■ One Day Painting – print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW, £24, 020 8504 6688.

■ Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).

■ Sunday Service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm, 07974 108350.

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■ Sunday Services – Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.

■ Learn to Dance Modern Jive – Hainault Forest Community Centre, 7-10.30pm, 07768 005858.

## Wednesday, November 4

welcome, from beginners (we will teach you), 020 8594 6638.

■ Barking Road Runners – Barking Abbey School Leisure Centre, Woodbridge Road, 7.15pm, for experienced or fun runners, over 16 years. 020 8594 4602.

■ Whist Drive – British Legion Club, Ilford, 7.45pm, 01703 55478.

■ Line Dancing – Walthamstow Trades Hall, intermediate, 8-11pm, 07968 036373.

■ Circle Dancing – King Solomon High School, Barkingside, 8-10.30pm, no partners necessary, details 07956 592938.

■ Square Dancing – American Square Dance Club, Fullwell Cross Library, Barkingside, 8-10.30pm, beginners welcome.

■ Tea Dance – Woodward Hall, Woodward Road, Dagenham, mainly ballroom and Latin American, 2-4pm, 020 8592 8402.

■ Folk Dance – Redbridge Folk Dance Group, King Solomon High School, Forest Road, Barkingside, 8-10pm, 020 8559 0505 (eve).

■ Salsa classes – Latin aboard the Tereza Joanne moored at King George V Dock, E16, 7.30pm, 020 7511 5000.

■ Fitness classes – Wesley Hall, Methodist Church, Loughton High Road, 10.30-11.45am, safe, fun, low impact. 020 8508 3346.

■ Sahaja Yoga Meditation – 1a Jewel Road, Walthamstow, learn to meditate, relax, de-stress, free weekly classes, 7.30pm, beginners welcome, 07931 851954.

■ Yoga Classes – Redbridge Social Centre, rear of 188/190 Beehive Lane, Ilford, for beginners and mixed ability, 2-3.30pm and 7.30-9pm, 020 8550 0689.

■ St Francis Mother and Toddler Club – Evangelical Church, Fencepiece Road, Barkingside, 1.30-3pm, adults £1, children free.

■ Duckling Club – Parent and Toddler Group, Ley Street Chapel, 367 Ley Street, Ilford, 10am-noon. 020 8514 1255.

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By Patrick James

WITH cars like the Fiat 500, Toyota Aygo, Renault Twingo and now Vauxhall's baby, the ADAM, funkiness and individuality seem to be the watchwords in the rapidly-expanding city car sector.

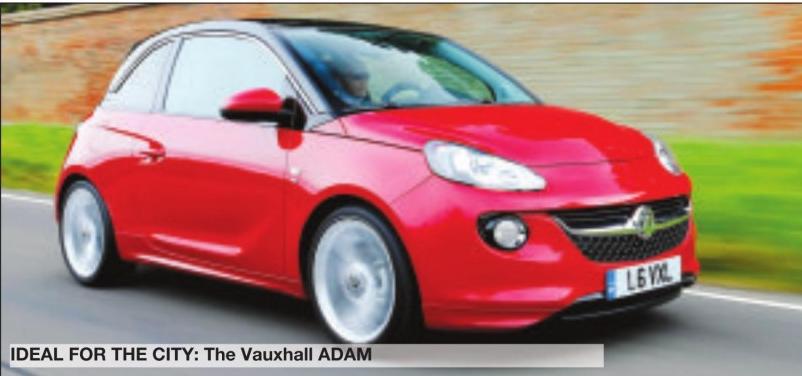
Small cars like these are ideal for zipping around the city – being both highly economical and easy to park – and give owners an individual touch.

The ADAM offers countless variations to further enhance any one of the specifications on offer, which include odd sounding names like Jam, Glam and Rocks. It now also offers an excellent three cylinder petrol engine.

This small car carries the Vauxhall styling cues of its siblings, but is right up there in the funky looks stakes. The customisation packs offer a choice of 12 body colours, 15 seat designs, 20 alloy wheel styles, three printed headliners and 18 interior décor panels.

A three-door hatch with four seats and just 3.7 metres long, it comfortably accommodates four people and features a zesty one-litre turbo-charged engine. The 113bhp unit, mated to a slick six-speed gearbox, is refined and quiet and is surprisingly muscular on the motorway where the small engine responds well and never feels like it is running out of steam.

Road, wind and engine noise is also well suppressed. But its real strength is around



IDEAL FOR THE CITY: The Vauxhall ADAM

the city streets, where it is quick off the mark, hitting 62mph in just under 10 seconds – a real boon on congested city streets, as is the light, but responsive steering.

Fuel economy is impressive, with nearly 58mpg claimed, but not achieved in the real world, and CO2 emissions of 114g/km.

A 1.2 and 1.4-litre petrol engine are also available, but none fall below the 99g/km to exempt it from road tax and congestion charge.

The ride was firm, but otherwise it is a delight to drive. It looks good and, in my book, is just as good as the excellent Fiat

500.

It is amazing how a lack of a high-quality soft touch finish can be mitigated by a jazzy painted and plastic finish to dash and doors.

Controls are neat and logically placed and, on this model, the optional entertainment system supports new media sources, including Bluetooth, as well as connectivity for smartphones with Android or Apple iOS software. This enables access to Internet-based applications, including GPS navigation.

The system uses a state-of-the-art seven-inch, full-colour touch screen display, allowing quick access to a variety of on-board

controls.

Designed specifically as a four-seater, occupants have decent head and leg room, although the boot space suffers as a result, offering only 170 litres.

It is also a squeeze getting into the rear seats, and accommodating an admittedly slightly larger than normal pushchair defeated me.

But this is not a family car and is brilliant at what it was designed for. All models are pretty well equipped with Bluetooth, air con, digital radio and cruise control.

An extensive safety kit includes six airbags, stability control, tyre pressure monitoring and daytime running lights.

Prices start at £13,445, for a well-equipped, funky and cheap to run car with plenty of character.

### FAST FACTS

<b>Start Price:</b>	£13,445
<b>Mechanical:</b>	113bhp, 998cc, 3cyl petrol engine driving front wheels via 6-speed manual
<b>Max speed:</b>	121mph
<b>0-62mph:</b>	9.9 seconds
<b>Combined mpg:</b>	57.6
<b>Insurance group:</b>	10
<b>CO2 emissions:</b>	114/g/km
<b>BIK rating:</b>	17%
<b>Warranty:</b>	Three years/60,000 miles

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**PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS)  
REGULATIONS 1990  
NOTICE UNDER REGULATION  
TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT  
PROCEDURE) ORDER 1995  
NOTICE UNDER ARTICLE 8**

The following developments affect the character or appearance of the relevant conservation area:

**Aldersbrook Conservation Area**

**3895/15Applicant:** Mr & Mrs M Owers, 64, Harpenden Road, Wanstead, E12 5HN **Description:** Demolish existing conservatory. Single storey rear extension.

**3846/15Applicant:** Telefonica UK Ltd, 34, Aldersbrook Road, Wanstead, E12 5DY **Description:** 15 metre sharable street pole and two cabinets with ancillary equipment.

**3928/15Applicant:** Mr. A Patel, 17, Woodlands Avenue, Wanstead, E11 3RA **Description:** Loft conversion with two rear dormers.

**Claybury Conservation Area**

**3735/15Applicant:** Mr. S Bokhari, Flat 3, Arlington House, Regents Drive, Woodford Green, IG8 8RD **Description:** Loft conversion with seven new roof lights. (Listed Building Consent sought under reference 4012/15).

**4012/15Applicant:** Mr. S Bokhari, Flat 3, Arlington House, Regents Drive, Woodford Green, IG8 8RD **Description:** Loft conversion with seven new roof lights. LISTED BUILDING CONSENT

**Snaresbrook Conservation Area**

**2566/15Applicant:** Miss. K Connell, Woodford House, Woodford Road, South Woodford **Description:** Replacement windows.

**Valentines Mansion Conservation Area**

**3819/15Applicant:** Mr. T Jones, Sustrans, Valentines Park, Cranbrook Road, Ilford **Description:** Demolition of existing bridge. New pedestrian and cycle bridge with associated modification to approach paths in Valentines Park.

**Wanstead Village Conservation Area**

**3937/15Applicant:** Mr. B Duffus, 17, Woodbine Place, Wanstead, London, E11 2RH **Description:** Single storey rear extension.

**3799/15Applicant:** Mrs. S Goel, Wanstead Police Station, Spratt Hall Road, Wanstead, London E11 2RQ **Description:** Variation of (Condition 2) of approved planning permission 2049/14: Design change to retain the whole of the rear single storey element of the rear building (Police house building) and use it partly as a kitchen and partly as a conservatory with glazed lantern roof.

**Woodford Broadway Conservation Area**

**3852/15Applicant:** Mrs. Hardip Basra, 11, Tudor Close, Woodford Green, IG8 0LF **Description:** Two storey and single storey rear extension.

**3887/15Applicant:** Mrs. H Basra, 11, Tudor Close, Woodford Green, IG8 0LF **Description:** Increase the existing ridge height and three rear dormers.

**Woodford Green Conservation Area**

**3309/15Applicant:** Mr. P Harcourt, All Saints PCC, 3, Immans Row, Woodford Green, IG8 0NH **Description:** Window replacement to front elevation. Proposal does not accord with the provisions of the development plan

**2397/15Applicant:** Miss. R Pinnner, Vision Redbridge, Fairlop Waters Country Park, Forest Road, Hainault, Ilford, IG6 3HN **Description:** Removal of Conditions 3 and 4 of approved planning permission 3958/14: No storage shed to be built so no flooring requiring gas membrane. No trees to be removed.

**4083/15Applicant:** Mr. D Walters, London Borough of Redbridge, Redbridge Town Hall, 128-142, High Road, Ilford, IG1 1DD **Description:** Stonework repairs, renewal of top sections of four pillars to two canopies and renewal of three sets of steps to the High Road elevation only including cleaning the whole facade using Doff High Temperature Steaming method. All work, materials and details will match the existing.

Applications can be inspected online at [www.redbridge.gov.uk/planning](http://www.redbridge.gov.uk/planning) or One Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the Planning Services on 020 8708 2053. Representations should be made in writing to Planning Service within 21 days of the date of this notice. Paul Walker – Head of Development Management. Date: 29th October 2015. DM No. 80136648

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## CARROLL HEADS HAMMERS HOME

### West Ham United

**West Ham United 2 Chelsea 1**  
Brian Jeeves reporting  
from Upton Park

WEST Ham United's incredible Barclays Premier League start continued as goals from Mauro Zarate and Andy Carroll sank champions Chelsea on a dramatic afternoon at Upton Park.

At the start of the campaign few fans of either club would have predicted that West Ham would go into this London derby six points and eight places above the Blues.

Nevertheless, with the Hammers so far failing to replicate their away form at Upton Park and Chelsea looking a bit more like their old self against Aston Villa a week previously, any bold predictions of a home success had become somewhat muted.

But it was the Hammers who started the brighter. Dimitri Payet tried his luck from distance, but his effort did little to trouble Blues' goalkeeper Asmir Begovic.

Chelsea responded, but Diego Costa's wild right-footed swipe was horribly wayward.

Soon after, he was troubling the home side again, but this time he was unable to nod Willian's flag-kick goalwards.

The Hammers appeared to be the more confident outfit. Payet's vicious free-kick was brilliantly saved by Begovic and from the resulting corner Zarate crisply fired West Ham ahead with the Blues' rearguard at sixes and sevens.

Chelsea were clearly rocked by the start. Ramires sent a tired

attempt over as the visitors struggled to gain any kind of momentum.

But Chelsea continued to toil. Adrian produced a good stop low to right to keep out Willian's dipping dead ball effort, then the Spanish keeper combined with Manuel Lanzini to clear off the line in the nick of time as Kurt Zouma looked certain to level.

Lanzini should have doubled the home side's advantage, but the tricky Argentine frustratingly lifted Payet's clever flick over with only Begovic to beat.

At the other end, Cesc Fabregas fired low past Adrian, but Chelsea's celebrations were cut short by an assistant's flag.

Shortly before the break Chelsea's troubles deepened.

Nemanja Matic was clumsy on Sakho and referee Jonathan Moss produced a second yellow card after consulting his assistant.

In the verbal melee that followed assistant first-team coach Silvino Louro was also dismissed.

Chelsea returned for the second period without manager Jose Mourinho in the dugout. The Blues' chief was ordered to the stand after an altercation with referee Moss.

The fired-up Blues were clearly up for the fight and just before the hour mark they drew level. Gary Cahill thumped low past Adrian after the West Ham back line failed to clear Willian's corner.

Chelsea's tails were up and they were looking much more like the team that had cantered to the title during the last campaign.

West Ham boss Slaven Bilic replaced Zarate with Carroll in a

bid to offer something different in attack. However, it was the influential Payet who went closest to restoring the Hammers' lead when his testing cross eluded everyone but drifted the wrong side of an upright.

Carroll's introduction offered Chelsea a new threat, and with little over 10 minutes remaining the Geordie striker rose majestically to head Cresswell's delicious centre beyond Begovic, much to the delight of the Upton Park faithful.

Willian's late free-kick was scrambled clear as Chelsea looked to salvage a point, but that aside the visitors offered little in the way of a further goal threat.

The victory carried West Ham into second place in the Premier League ahead of Sunday's fixtures.

After the game Chelsea boss Mourinho chose not to speak to the press, but a satisfied Bilic said: "I am very proud of my team and the whole club."

"It is brilliant to beat the champions at our home ground in front of our crowd. We deserved to win.

"We defended too much in the second half and that's why we conceded.

"The crowd was also expecting us to push on because Chelsea were playing with 10 men.

"Chelsea scored the goal at the right time for us because it gave us plenty of time to recover.

"In the end we were limiting them to counter attacks and long balls and overall we controlled the game quite comfortably."

On the sending off, Bilic stated: "The first yellow card that Matic got was definite. I was too far away to see the second and I

haven't seen the replays. If Matic was my player then I would say it was a bit harsh.

"Second bookings in the first half should be proper bookings. I would definitely moan if it was against us."

On match winner Carroll, the Hammers' Croatian chief added: "Andy is a big player for us. He is special. He gives us a lot of options.

"It's not just long balls, he is a great player, his quality has never been in doubt. We just needed to get him fit.

"Now we are in a really good situation regarding his fitness and he should be fit and ready for the long-term.

"We will have a lot of benefits from having him fit. It is not just his work inside the box but also his contribution outside the box.

"His pressing was amazing; his work-rate was excellent. He occupied Terry and Cahill very well."

West Ham will look to continue their good Premier League form when they travel to Vicarage Road to face Watford on, kick-off 3pm.

**West Ham United:** Adrian, Aaron Cresswell, James Tomkins, Cheikhou Kouyate, Mauro Zarate (Andy Carroll), Carl Jenkinson, Diafra Sakho, Mark Noble (Capt) (Angelo Ogbonna), James Collins, Dimitri Payet, Manuel Lanzini (Pedro Obiang). Subs not used: Darren Randolph, Enner Valencia, Nikica Jelavic, Michael Antonio.

**Chelsea:** Asmir Begovic, Cesc Fabregas (John Mikel Obi), Kurt Zouma, Ramires (Falcao), Eden Hazard, Diego Costa, Nemanja Matic, Willian, Gary Cahill, John Terry (Capt), Cesar Azpilicueta (Baba Rahman). Subs not used: Marco Amelia, Oscar, Bertrand Traore, Ruben Loftus-Cheek.

Referee: Jonathan Moss.

Assistants: Andrew Halliday and Harry Lennard.

Fourth Official: Andy Woolmer.

Attendance: 34,977.

### Non-league round-up

## Cup dream still alive for Iron

By Brian Jeeves

A GOAL in each half from Michael Cheek helped National League Braintree Town reach the first round of the FA Cup against plucky Ryman League One North outfit Harlow Town.

The Iron's 2-0 victory sees them join the region's Football League clubs Southend United, Colchester United, Leyton Orient and Dagenham & Redbridge in the next stage of the competition.

But it was the end of the Wembley trail for two of our other clubs. George Purcell was again on target for AFC Hornchurch, but it wasn't enough as the Ryman Leaguers went down 2-1 at National League Boreham Wood. Meanwhile, Dean Holdsworth's Brentwood Town slipped to a disappointing 4-2 defeat at Didsbury Town.

Craig Reid and former Colchester United man Jamie Guy had fired Brentwood into a 2-0 lead, only for the hosts to hit back in spectacular style.

In the Ryman Premier Division Billericay Town enjoyed derby delight against East Thurrock United at New Lodge.

Tom Derry grabbed a brace for Town with former Southend United defender Teddy Nesbitt also on target. Ryan Scott grabbed the Rock consolation.

There was a huge crowd of 471 at Park Lane for the clash between league leaders Canvey Island and third placed Dulwich Hamlet. Dan Sweeney and Jacob Erskine fired the visitors into a 2-0 half-time lead, before Glenn Poole halved the deficit after the break.

Try as they might, the Gulls could not find an equaliser and as a result Hamlet leapfrogged them into top spot.

In Division One North Aveley won 3-0 against Witham Town at Mill Field, and there was a 3-1 win for Redbridge over Soham Town Rangers.

Brightlingssea Regent edged out Maldon & Tiptree, thanks to Luke Read's early goal. Lewis Sparrow and Jacob Cleaver were on target as Great Wakering Rovers started life without Dan Trenkel with a 2-2 draw at Waltham Abbey.

But there was little cheer for the region's other sides. Chinedu McKenzie found the net for Romford at Bury Town, but it was to no avail as the Suffolk side ran out 5-1 winners. And it was even worse for Heybridge Swifts who crashed 8-1 at home to Cheshunt. Billy Hunt with the solitary Swifts goal.

Barkingside endured a miserable afternoon, going down 3-1 to AFC Sudbury at the Cricklefield Stadium. Michael Spencer grabbed Barkingside's goal just after the break.

Game of the day in the Essex Senior League was at Lower Road where Hullbridge Sports and Clapton shared eight goals. Hullbridge had led 4-1 with little over 20 minutes to play, thanks to goals from Luke Hornsley (2) Kurtis Clarke and Rory Clark. But the east Londoners roared back for a share of the spoils.

Shonari Barnwell bagged a hat-trick for the Tons and Warren Mfula completed an incredible afternoon.

Basildon United were the ESL's big hitters, thrashing Greenhouse Sports by seven goals to two. Bradley Hunter (2), Lindsiphoo Mtyanda (2), Bradley Warner (2) and Paul Shave were the Bees' goal men.

Elsewhere, Vincent Durrant and Lewis Manor were on target for league leaders Bowers & Pitsea who were held 2-2 at FC Romania, and there was a 3-2 win for Barking over Burnham Ramblers.

Joel Appiah grabbed a brace as London Bari saw off Southend Manor 2-0, while there were wins for Ilford, 2-1 at Waltham Forest, and Tower Hamlets, 2-0 over Eton Manor. Takeley and Sporting Bengal United played out a 1-1 draw.

Selected action in the ProKit UK Essex Olympian League saw White Ensign win their Premier Division clash at Springfield 4-0. Gary Ticehurst scored twice for Ensign, with Lee Delf and Jamie Brown completing the rout.

In Division One Basildon Town went down 3-1 at home to Leigh Ramblers. Reece Conway found the net for the New Towners.

## Havering PBs tumble at 10-mile championships

### Athletics

FAYE Fullerton won bronze, with Lauren Deadman one place behind, in the England Athletics 10 Mile Championships held in conjunction with the Great South Run in warm and sunny conditions at Portsmouth on Sunday.

Fine runs from both women saw them better the club's best for the distance, set by Lauren in last year's event.

After improving her 10-mile best two weeks ago on her way to a half-marathon PB in Cardiff, a further improvement was always on the cards for Faye, who did not disappoint at Portsmouth running almost a minute quicker than before to come home in 55 minutes 16 seconds for seventh over-



Faye Fullerton and Lauren Deadman in action in Portsmouth

Photo by Roger Deadman

all in the Elite Women's race.

Ahead of her Olympian Jo Pavey set a World Veterans' Age 40 best of 52:44 for runner-up to lift England Athletics gold, while Gemma Steel took National silver

with her fourth place finish in 53:06. It then came down to a battle for bronze between Faye and Lauren with Faye eventually going away to earn the National podium place, 23 seconds ahead

of Lauren who took nearly 30 seconds off her best clocking 55:39 in ninth place, as both club ladies beat international athletes with faster PBs.

The impressive club pair will both be in action at Mansfield on Saturday, but this time won't be going head-to-head as they will be joined by the returning Alexa Joel in a strong team of three who contest the English Cross Country relays.

With Faye and Lauren both in the form of their lives and Alexa on the comeback trail, the three can again expect to mount a challenge for medals this year.

Also on Saturday club athletes will be out in force as the second round of the Essex Cross Country League is hosted by Southend AC at Hockley Woods.

London Weekly News &

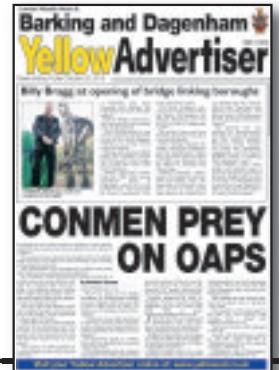
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# HIGH ACHIEVERS 2015



**SUMINA HUSSEIN KASJI**  
From: Lammas School & Sports College

**ACHIEVED:**  
 Physics A  
 English Literature A  
 Maths A\*  
 Further Maths A\*

**ENRICHMENT ACTIVITIES:**  
 Chess club.

"I really enjoyed my time at LSC, the teachers were great and really supportive and I got a lot out of my time here."

**FUTURE PLANS:** Studying Maths at Warwick University.



**AKSA AAMIR**  
From: Leytonstone School

**ACHIEVED:**  
 Biology A  
 Chemistry A  
 Physics B  
 Urdu A

**ENRICHMENT ACTIVITIES:**

First Aid, Badminton, took part in the Gold Standard project at Whipp's Cross Hospital.

"I loved being at LSC, it was amazing and all the lessons were interesting and challenging."

**FUTURE PLANS:** Studying Biomedicine at University College London.  
Ambition: Doctor.



**MAIDO DIRIE**  
From: Northumberland Park Community School

**ACHIEVED:**  
 Maths A\*  
 Chemistry A  
 Biology A  
 Further Maths (AS) A

**ENRICHMENT ACTIVITIES:**

I took part in the women's football team & First Aid course.

"I thoroughly enjoyed being at LSC and I had lots of support from teachers."

**FUTURE PLANS:** Studying Diagnostic Radiography at London Southbank University.  
Ambition: Diagnostic Radiographer.



**MOHAMMED PATEL**  
From: Norlington

**ACHIEVED:**  
 Maths A\*  
 Chemistry A  
 Physics A

**ENRICHMENT ACTIVITIES:**

Football.

"I really enjoyed being at LSC, it has a very friendly atmosphere with supportive teachers."

**FUTURE PLANS:** Going to study at Economics at University College London.



**CATHERINE PHILLIPS**  
From: Walthamstow School for Girls

**ACHIEVED:**  
 Spanish A  
 English A  
 Geography A\*  
 EPQ A

**ENRICHMENT ACTIVITIES:**  
 Student Ambassador, took part in college shows and musicals.

"I had an incredible time here and the teachers were so helpful."

**FUTURE PLANS:** Going to York University to study Spanish and linguistics.



**MOHAMMED NAHIM AHAD**  
From: Bow School & Sports College

**ACHIEVED:**  
 Maths A\*  
 Further Maths A  
 Economics A  
 Physics A

**ENRICHMENT ACTIVITIES:**  
 Using the college fitness centre.

"Leyton was amazing and everyone was really supportive."

**FUTURE PLANS:** Going to study Economics at London School of Economics.



**HANIM IPER**  
From: Northumberland Park Community School

**ACHIEVED:**  
 BTEC National Diploma D\*D\*D\*  
 Level 3 In Health & Social Care

**ENRICHMENT ACTIVITIES:**  
 Student Ambassador, Health & Safety L1, Team Leading.

"My time at LSC was excellent with lovely support staff and teachers."

**FUTURE PLANS:** Studying Primary Education with Qualified Teacher Status at University of Cumbria.  
Ambition: Qualified primary school teacher.



**ABDINASIR AHMED**  
From: Kelmscott

**ACHIEVED:**  
 BTEC Level 3 IT D\*D\*D\*

**ENRICHMENT ACTIVITIES:**

Took part in Team 19 sports.  
"It has been a pleasure being at Leyton Sixth Form. I have had a great 3 years here. I have loved every minute of being at LSC."

**FUTURE PLANS:** Studying Computer Science (Network Communications) at Kingston University.



**MUJIDAT PEDRO**  
From: Langdon

**ACHIEVED:**  
 Health & Social Care Level 3 D\*D\*D\*

"My time at LSC was well spent with excellent opportunities for me to progress onto my chosen career."

**FUTURE PLANS:** Studying Childhood and Youth studies at Coventry University.

Ambition: Child counsellor.



**MALCOLM BISASO**  
From: Cumberland

**ACHIEVED:**  
 Maths B  
 BTEC Level 3 D\*D\*D\*  
 Applied Science

"LSC was nice and I enjoyed my time here."

**FUTURE PLANS:** Studying Pharmacy at Reading University.

Ambition: Pharmacist.

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## REASONS WHY YOU SHOULD CHOOSE LEYTON SIXTH FORM COLLEGE

- 1. EXCELLENT EXAM RESULTS**
- 2. BROAD RANGE OF ENRICHMENT ACTIVITIES**
- 3. EXCELLENT TUTOR SUPPORT AND ADVOCACY**
- 4. EXPERT STAFF AND FANTASTIC FACILITIES**
- 5. GREAT PROGRESSION ONTO UNIVERSITY**



## BELIEVE THE REAL FACTS!

**KEY GOVERNMENT MEASURES**  
FROM THE DEPARTMENT OF EDUCATION

AVERAGE A LEVEL GRADE

**LEYTON SIXTH FORM COLLEGE NO. 2**  
**FOR ALL LONDON SIXTH FORM COLLEGES**

**OFSTED RATED 'GOOD'**

**YOUR LONDON COLLEGE OF CHOICE**